



FRIDAY FIT CLUB

Have Fun while getting Fit

Meet other spouses

Daniels Family Fitness Center
0830-0930

Classes will include :

Dancing	Circuits
Self Defense	Aerobics
Free weights	Water sports
Yoga	Pilates
Zumba	Bicycling

For more information or to sign up
Call Family Readiness Trainer
Kelley Hall at 639-6171
hallk@usmc-mccs.org

